AQUATICS , FITNESS , AND RECREATIONAL SPORTS

PROGRAMS UPDATE

Policy/Resources

- **Navy MWR Instruction BUPERSINST 1710.11C (No Changes)**
  - **Chapter 11 Fitness Programs**
  - **Chapter 15 Aquatic Programs and Facilities.**

- **Navy Fitness Standards (Revised June 06)**

Policy/Resources

- **No Cost Access to Fleet Readiness Fitness Centers (October 06)**
  - **Free Access to All Eligible Patrons**
  - **Including DOD Civilians (APF and NAF, and retired DOD civilians).**
  - **Some services still may require a fee: Recreational Swimming, Classes, Lockers, Intramural Sports, Off Base Facilities.**

Policy/Resources

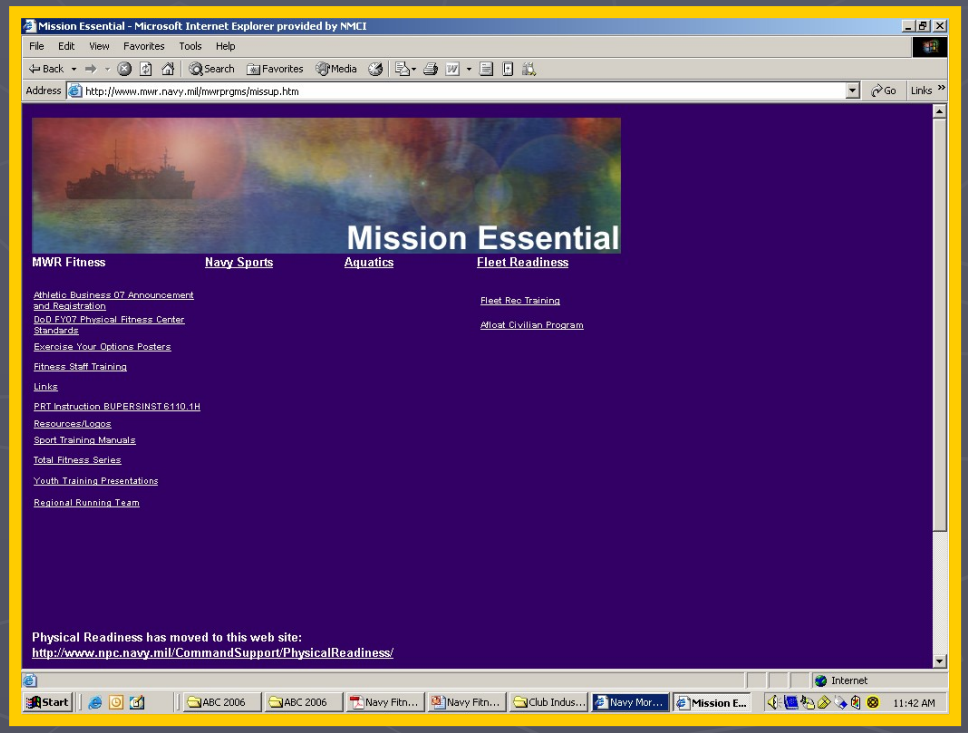
- **OPNAV 6110.1H (Physical Readiness Program)**
  - **NEW NAVADMIN 293/06 – Beginning with spring 2007 Physical Fitness Assessment Cycle, use of the elliptical trainer is approved as an alternate cardiorespiratory test option for the 1.5 mile run. As with the swim and treadmill, authorization to test using the elliptical trainer is the discretion of the CO or OIC.**

Policy/Resources

- **Specific Models Accepted to Perform Test**
  - **Life Fitness Models CT9500, 95XI, 91XI and 91X**
  - **Precor Model EFX – NAVY**
  - **Nautilus Model E9 16**

Policy/Resources

- **Web Resource**
- **http://www.mwr.navy.mil/mwrprgms/missup.htm**



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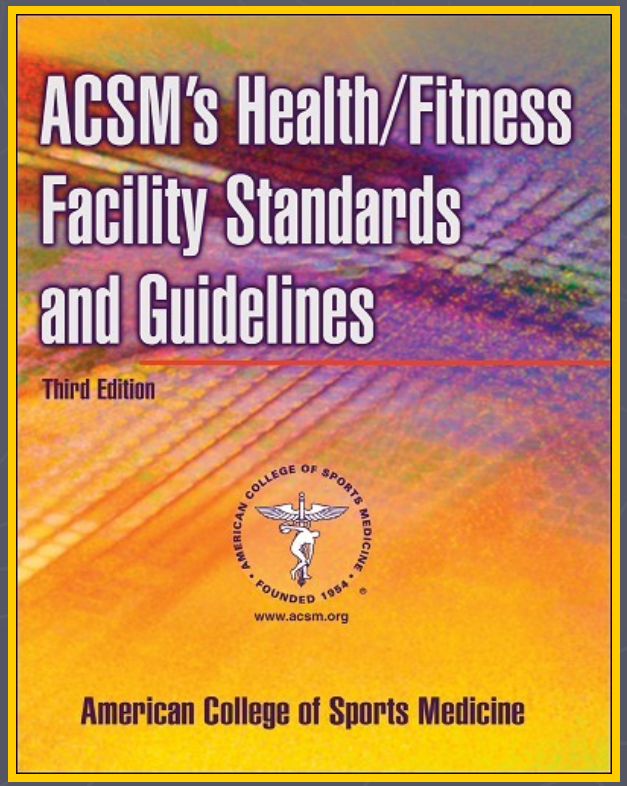
Policy/Resources

- New Edition of ACSM's Health / Fitness Facility Standards and Guidelines is now available.



- Good book to have as a reference guide due to most of our standards being based on this book.

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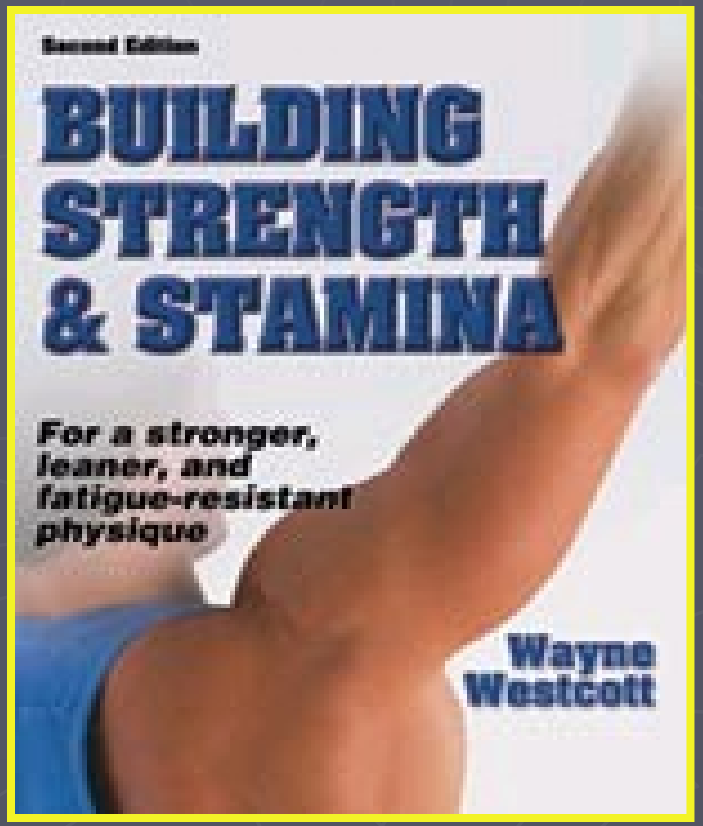
Resources Available From CNIC

- **Staff Training Certification**
  - **Self paced staff training certification course**
  - **Once completed staff member will receive Navy Fitness Basic Certification.**
  - **Meets DoD Standards**

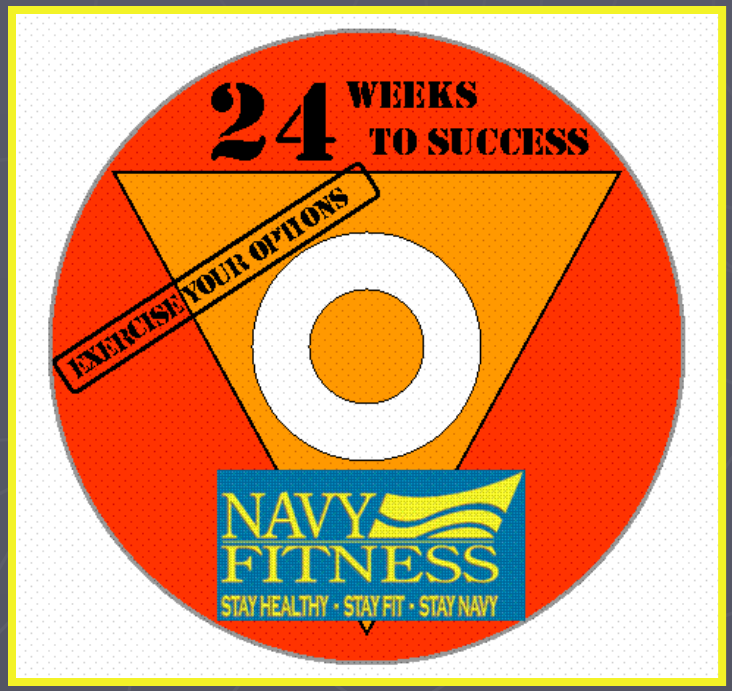


Resources Available From CNIC

- 24 Weeks to Success Tri-Series CD
- Complete training program taking the Sailor from PRT Failure to Advanced Training routines.
- Disc includes the following programs:

Resources Available From CNIC

- 24 Weeks to Success
  - **24 Week Comprehensive Fitness Enhancement Program**
  - **Internet explorer based**
  - **Printable logs and charts**



Resources Available From CNIC

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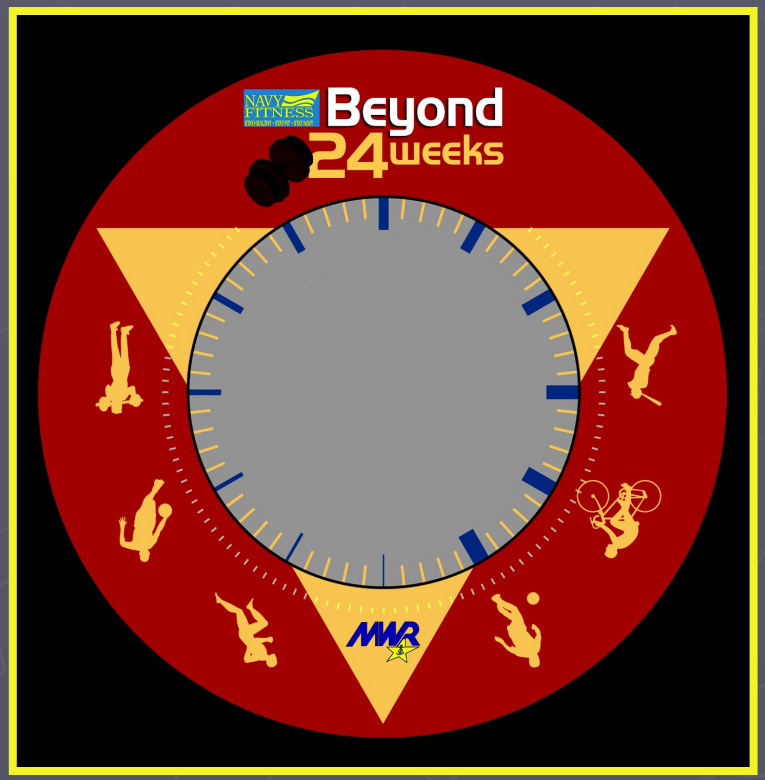
- Beyond 24 Weeks
  - **16 Week Fitness Maintenance Program**
  - **Internet explorer based**
  - **Printable logs and charts**



Resources Available From CNIC

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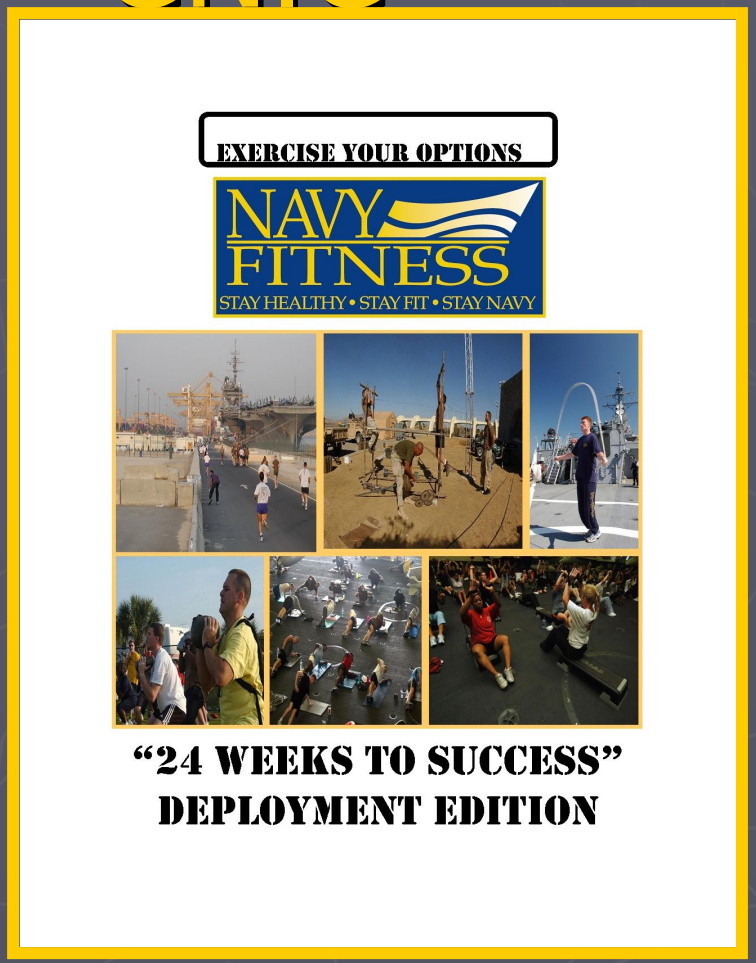
- **Beyond 24 Weeks Advanced**
  - **16 Week Advanced Training Program**
  - **Internet explorer based**
  - **Printable logs and charts**

Specifically geared toward those individuals who are looking to take their fitness training to the next level.

Resources Available From CNIC

- **24 Weeks To Success Deployment Edition**
  - **Written specifically for the deployed sailor**
  - **Gives workout options when equipment is limited.**



Resources Available From CNIC

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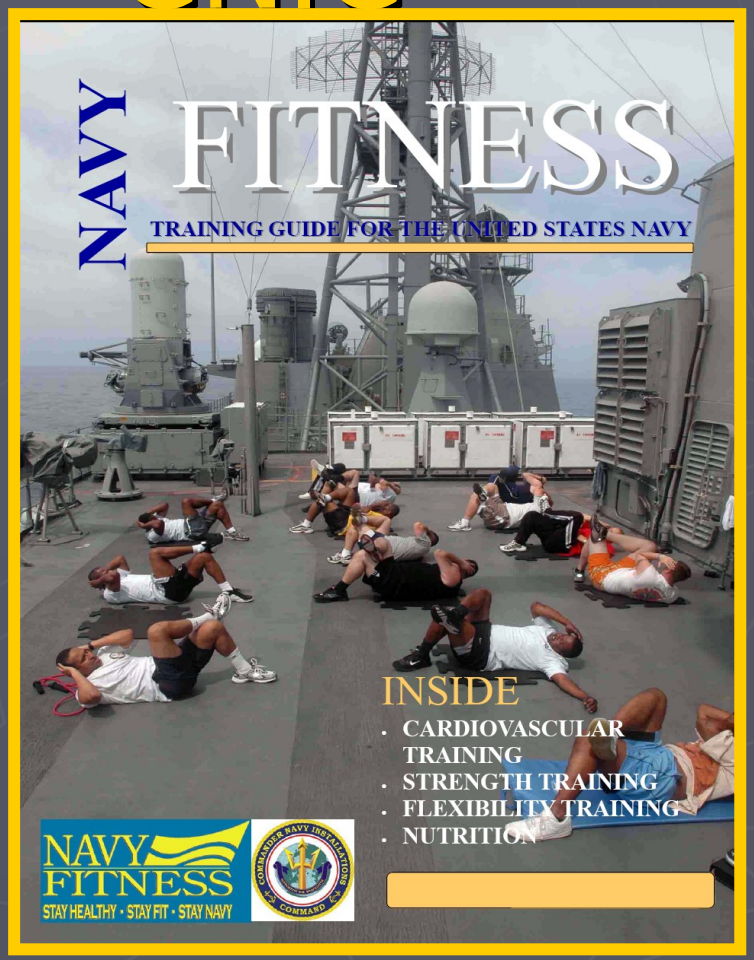
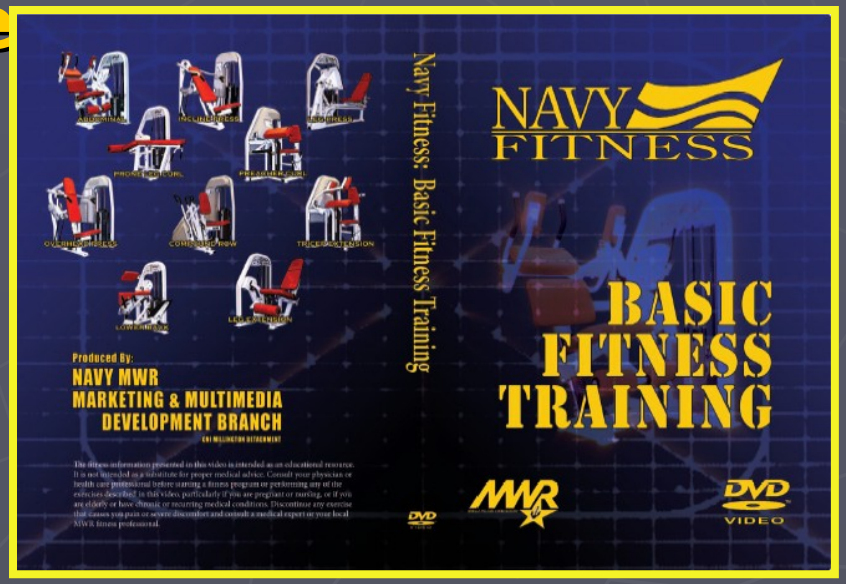
- **Navy Fitness Training Guide**
  - **24 Page booklet covering the areas of basic cardiovascular, strength, and flexibility training along with general nutrition tips.**



Resources Available From CNIC

- **Basic Fitness DVD**
  - **DVD explaining and demonstrating the following areas:**
  - **General Warm Up and Stretch**
  - **Basic Cardio**
  - **Basic Strength Training**



Resources Available From CNIC

- General Fitness Class

Class specifically designed to assist the Command Fitness Leader in designing and implementing fitness programming.

Resources Available From CNIC

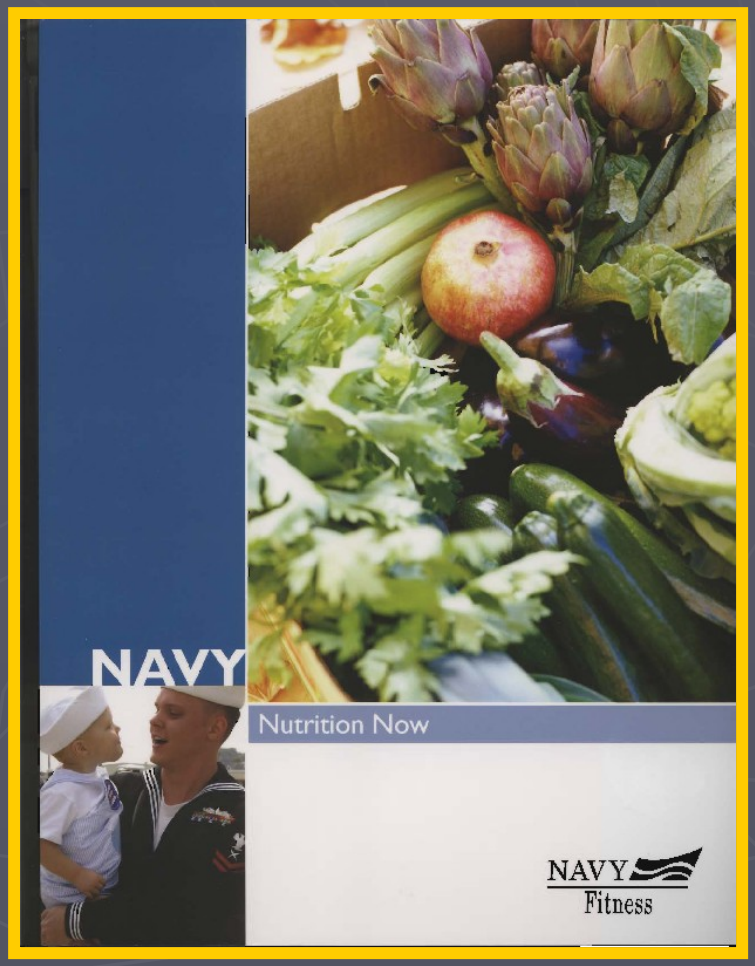
- General Fitness Class
  - Held initial instructor training in February of 06
  - At least one representative from each region attended
  - Class should be offered on a quarterly basis or more if needed to the CFL's on base.
  - Instructors can certify members of their staff to teach the class once they have

Resources Available From CNIC

- General Fitness Class
  - Where are we at today?
  - Is anyone teaching this class anymore?

Resources Available From CNIC

- NAVY NUTRITION NOW
  - Instructional class geared towards the entire Navy Family to educate and inform on nutritional topics to promote a healthy lifestyle



Resources Available From CNIC

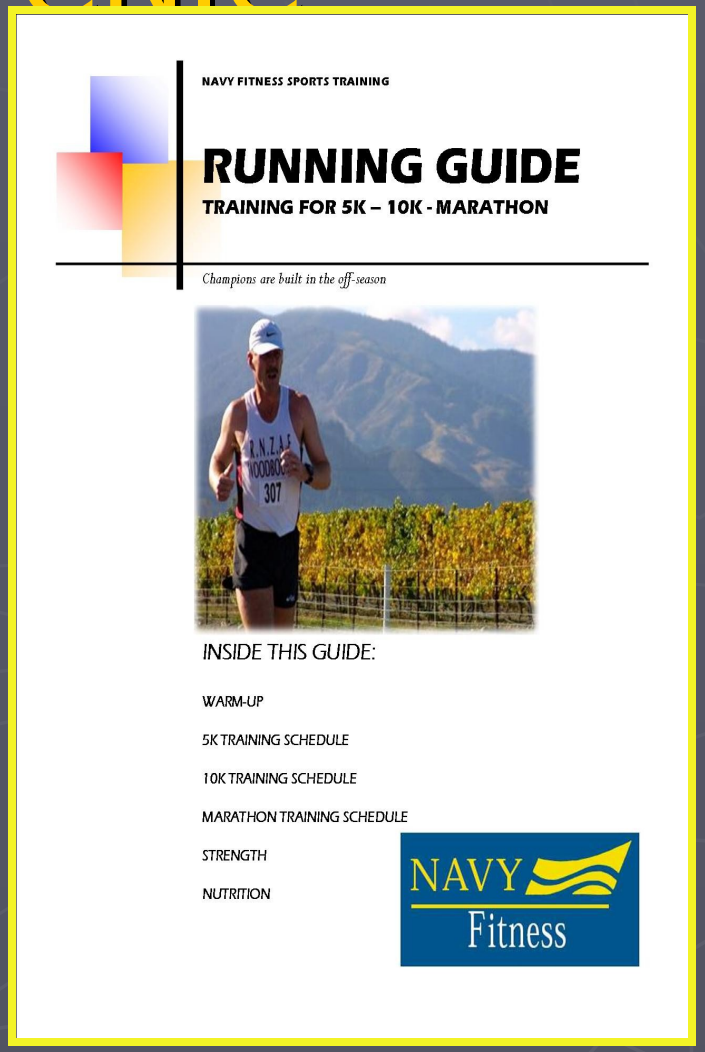
- NAVY NUTRITION NOW
  - Initial class for instructors was set up in April 07.
  - Each instructor became Cooper Institute Dietary Guidance Certified.
  - In addition, had to pass a practical test to demonstrate they could teach the test.

Resources Available From CNIC

- NAVY NUTRITION NOW
  - 30 Instructors were certified.
  - Each instructor should have returned to their respective regions and taught two classes to approximately 40 participants before Dec 07.

Resources Available From CNIC

- Sport Training Manuals
  - Comprehensive Pre-Season training manuals for the following sports.
    - Flag Football
    - Softball
    - Basketball
    - Golf
    - Running



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Fitness Training

- FY-07
  - **12 Youth Training Classes**
  - **2 Advanced Fitness Training Classes**
  - **1 Sport Training Class**
  - **4 Fitness Over 40 Classes**

Fitness Training FY08

- Basic Fitness Course
  - Should be constantly updating staff who have not yet taken this course.
- General Fitness Course
  - Geared towards the continuing education of our CFL's and fitness professionals to assist our sailors in passing the PFA.
- Navy Nutrition Now
  - Taught to our entire Navy Family on nutritional topics to promote a healthy lifestyle.

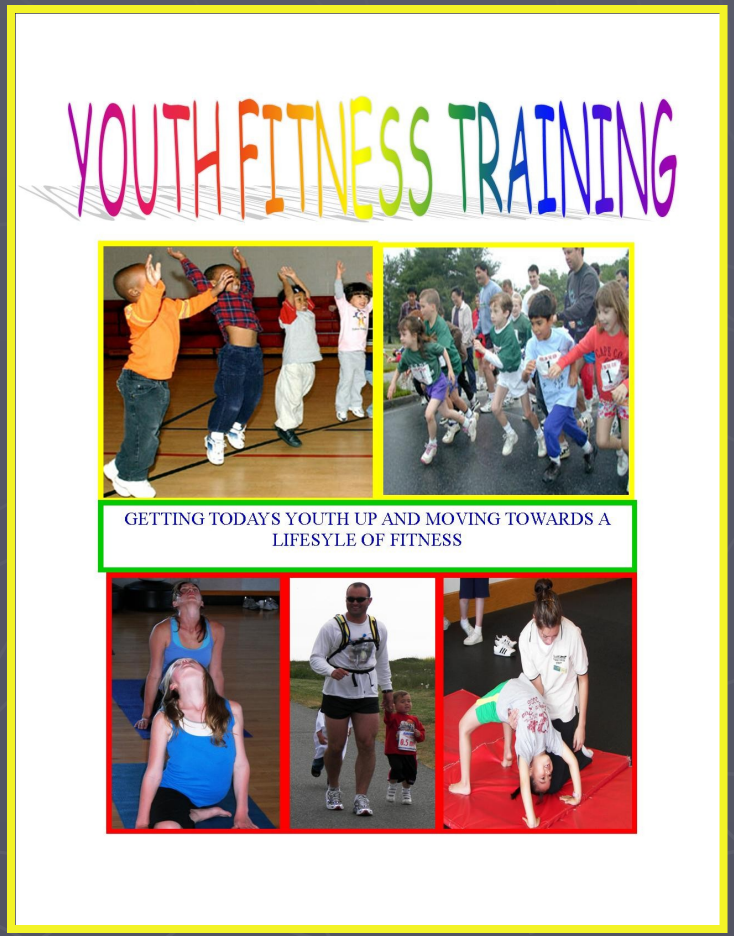
Fitness Training FY08

- Navy Fitness Personal Training Certification
  - Basic exercise physiology, coaching basic lifts, exercise prescription principles

- Training for Duty and Sport
  - Advanced Techniques- Topics include functional fitness interventions, advanced strength training, performance nutrition, plyometrics, latest and greatest-best vs worst practices, advanced injury prevention and reconditioning.

Fitness Training FY08

- Youth Fitness Training
  - Instruction on how to properly train youth at all fitness levels.



Fitness Training FY08

- Fitness Training is free to all staff members or military personnel who want to take the classes.
- Training goes on their permanent training record.

Fitness Training FY08

- OUTCOMES FROM TRAINING

- Improve field personnel capability to administer consistent programs and information to our sailor.
- Standardize fitness information enterprise wide through training courses, videos, books, and manuals.
- Capture follow through in the field to determine usage of information.

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Fitness Training FY08

- Presently looking for host bases for fitness training classes for FY08.
- Contact Marc Meeker if you are interested in being a host for a Navy Fitness Training.

Fitness Equipment

- FY-08
- Must maintain present fitness equipment and budget for replacement at the regional / base level
- Service seminars can be arranged through vendors to teach proper equipment maintenance and repair.
- All members of your staff should be versed in general maintenance of equipment in your facility both cardio and strength.

Fitness Equipment

- AED's

- If you presently have an AED are you checking it periodically to make sure it is functional?
- If you do not have one, have you budgeted for one?
- Batteries in these units do wear out from lack of use.
- Have your local medical or fire department check your AED in accordance with the users manual.
- Do not need a surprise when an AED is needed in an emergency.

Emergency Plans

- Planned and Posted Emergency Plans
  - Do you have an emergency plan for various situations that can happen in your facility?
  - Is your plan and procedures able to be done at all facilities? (Weight Room, Gym Floor, Fields)
  - Do you presently practice these emergency plans? Monthly, Quarterly, Yearly.

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Observations

- Look at what is going on in your facility on a daily basis

•Fitness staff out on the floor instead of the office or behind desk
•Cleanliness
•Torn Carpets
•Worn Upholstery
•Holes in Floors from dropping DB
•Broken equip from misuse
•Broken equipment with out of order signs with no fix date
•Cracked Cables or frayed Kevlar
•Sticking Equip
•Dust
•Rotation of Cardio Equipment
•DB’s consistently out of place
•Proper workout attire for all persons working out in the fitness center
•Personal Training from outside non contracted personnel
•Patrons not being able to identify who a fitness staff member is
•Proper Nutritional Information
•Jugs and Shake Containers

Regional Running Teams

- No supplemental funding for FY08
- Uniform support available
- Singlet and Shorts will be provided
- If you are a coordinator please submit entire team as soon as you can to make sure uniforms reach you before the beginning of the running season.

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Americas Kids Run

- Kids run will be funded in FY08.
- Announcement letters will be coming out in December.
- Deadline to register will be early February.
- Be sure to look for this announcement so you do not miss out on this great event.

Americas Kids Run

- Other opportunities from Americas Kids Run
  - Read , Run and Be Your Best
  - Core 10 Fitness Camps

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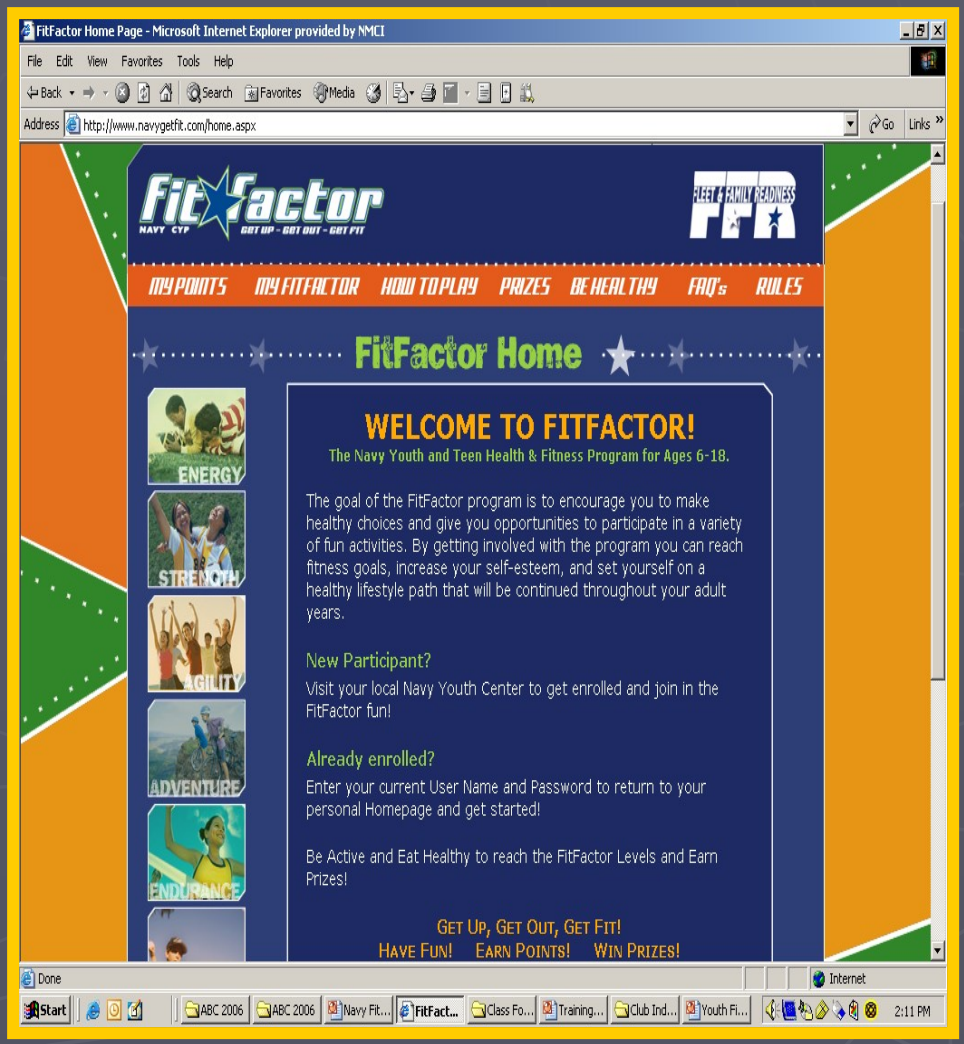
"Fit Factor"

- CYP Initiative to get kids up and moving.
- A partnership program with the Air Force.
- Children track their activity level to gain points to receive incentive prizes.


FitFactor Home Page - Microsoft Internet Explorer provided by NMCI
http://www.navygetfit.com/home.aspx
FitFactor
NAVY CYP
GET UP - GET OUT - GET FIT
FLEET & FAMILY READINESS
MY POINTS
MY FITFACTOR
HOW TO PLAY
PRIZES
BE HEALTHY
FAQ's
RULES
FitFactor Home
ENERGY
STRENGTH
AGILITY
ADVENTURE
ENDURANCE
WELCOME TO FITFACTOR!
The Navy Youth and Teen Health & Fitness Program for Ages 6-18.
The goal of the FitFactor program is to encourage you to make healthy choices and give you opportunities to participate in a variety of fun activities. By getting involved with the program you can reach fitness goals, increase your self-esteem, and set yourself on a healthy lifestyle path that will be continued throughout your adult years.
New Participant?
Visit your local Navy Youth Center to get enrolled and join in the FitFactor fun!
Already enrolled?
Enter your current User Name and Password to return to your personal Homepage and get started!
Be Active and Eat Healthy to reach the FitFactor Levels and Earn Prizes!
GET UP, GET OUT, GET FIT!
HAVE FUN! EARN POINTS! WIN PRIZES!
Done
Internet
Start
2:11 PM

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FY-08 Objectives

- Consistent fitness information being given out at all Navy Fitness Centers.
- Establish a Family Fitness Hour at all fitness centers world wide.
- Establish a Family Friendly Fitness area in your facility.
- General Fitness Course being offered at every base on a quarterly basis.

FY-08 Objectives

- Resistance Band Instructional DVD
- Free Weight Instructional DVD
- Maintain Navy Fitness Basic Staff Certification 100% Compliance to current and new staff members
- Family Fitness Program Guide
- Performance Dietitian on Staff

QUESTIONS?